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Athletic Trainer Competes in Half Ironman World Championship

CEDARVILLE, OHIO – Cedarville University athletic training instructor Hannah Stedge competed in the Half Ironman World Championship in Mont-Tremblant, Quebec, on September 7 and placed 64th in her age group among non-professionals. Stedge hopes to use her experience to start personal ministry in local triathlon clubs.

The Half Ironman World Championship will air on the NBC Sports Network on Tuesday, Sept. 30 from 10 p.m. to 11 p.m. ET

“It was amazing to race with elite athletes from all over the world,” Stedge said. “It was humbling.”

Amidst her multifaceted job as athletic trainer, faculty member and clinical education coordinator at Cedarville University, Stedge began training in January 2014 for this event. Her training included four days of biking, three-or-four days of running, and three days of swimming each week.

“With my students, I’m always encouraging them to be physically active and take care of their bodies,” said Stedge. “From my experience, they can see that I’m actually living what I teach in class.”

A Half Ironman is a 70.3 mile triathlon race with a 1.2-mile swim, 56-mile bike ride and 13.1-mile run. It attracted athletes from over 50 countries who made it past qualifier races held all around the world.

She ran her qualifier in Muncie, Indiana in July 2014. In a field of more than 35 competitors in her age group, Stedge captured one of the two spots for the world championship. She has been running marathons and ultramarathons for the past two years along with a full distance Ironman, but this is her biggest competitive accomplishment.

“I’ve always wanted to do a triathlon ever since I was a kid,” Stedge said. Looking forward, Stedge plans to become more involved in local triathlons through local clubs and opportunities to network with other athletes.

“I have noticed that specifically tri-athletes are very relational and they tend to become friends with each other through the club,” she said. “I think I could better witness to people and get involved in people’s lives if I’m doing local races.” This will also help Stedge to prepare for her long-term, “lofty” goal of participating in the Full Ironman World Championships.

Located in southwest Ohio, Cedarville University is an accredited, Christ-centered, Baptist institution with an enrollment of 3,620 undergraduate, graduate and online students in more than 100 areas of study. Founded in 1887, Cedarville is recognized nationally for its authentic Christian community, rigorous academic programs, strong graduation and retention rates, accredited professional and health science offerings and leading student satisfaction ratings.